SASKATOON metro®

NEWS WORTH SHARING.

hmv PRESENTS JUNO FAN FARE

APRIL 20 CORNWALL CENTRE

FREE EVENT!

Bro-mancing the web

Lena Dunham's Girls meets an N.Y.C. frat house in the new YouTube parody Bros PAGE 8

SUPERHERO STRONG

A FITNESS EXPERT REVEALS HOW ROBERT DOWNEY JR. BUFFED UP FOR THE UPCOMING IRON MAN 3 PAGE 10

The Cadillac of Dealers

2012 GMC Yukon SLE 4X4

Remote Start, 9 Passenger Seating, New Tires, Only 40,921 km

Stk# 5967A

Now $34,890

$270 Bi-weekly for 84 months

WHEATON GMC•BUICK•CADILLAC

306.244.8131 | 2102 MILLAR AVENUE

WWW.WHEATONSASKATOON.COM

'Just chaos in the streets'

Marathon horror. Saskatchewanians in Boston witness the aftermath of deadly twin bombings

MORGAN MODJESKI
morgan.modjeski@metronews.ca

A Saskatchewan couple in Boston during Monday's bombings say the Boston Marathon is forever changed.

Paul Duperreault and his wife, Kristy, who reside in Wilcox, were in Boston as Paul was running in the marathon, but he had crossed the finish line before the deadly explosions occurred.

"I didn't get to see any of that because I got over the line in time," said Paul in a phone interview from Boston. "I got my medal, I met up with my wife and we got into a cab about three blocks away on another street and the bomb went off then, but we didn't know anything about it until we got to the hotel and turned on the TV."

Boston police said at least three people were killed and more than 130 injured in the blasts.

Paul said that although he didn't witness the explosions, the scene in Boston was one of chaos.

"The city is chaos, there are police everywhere, streets are cut off — it's pretty nuts," he said. "There's just chaos in the streets."

Paul said he and his wife were both feeling safe at the time of the interview, but the marathon will be impacted for all time.

"The marathon will never be the same," he said. "The security will be unbelievable next year."

Roughly 20 people from Saskatchewan were participating in Monday's race.

More on the Boston Marathon explosions on page 5.

On the scene

Eyewitness account of the first explosion

Wayne Stewart of Prince Albert was waiting for his stepdaughter Alexis Beaman at the finish line. He said he was about five or six feet away from the first explosion.

"I heard the explosion and I turned to my right and it was like a barbecue exploded beside me. There was a great big puff of black smoke and then people started running away from the area," said Stewart. "I didn't panic or anything at all, but a lot of people around me were panicking and trampling over each other." METRO

Police officers draw their weapons on Monday after hearing a second explosion on Boylston Street in Boston during the 117th Boston Marathon. The first blast knocked down a runner near the finish line.

JOHN TLUMACKI/THE BOSTON GLOBE VIA GETTY IMAGES

If you are over 50, there is a shingles vaccine to protect you!

To book an appointment

306-655-4780

Saskatoon Health Region

Population and Public Health

Shingles pain can be "excruciating"

NEWS 1

Task force pushes measures to improve aboriginal education

'Win-win.' Proposals aimed at schooling, employment for Saskatchewan's First Nations and Métis

ROSS ROMANIUK
Metro in Regina

An official recognition of the province's "original" languages, better funding and even improved driver training were cited on Monday as some of the urgent needs of First Nations and Métis students in Saskatchewan's education system.

Those recommendations are among 25 in a report of a joint task force that has spent the past year examining ways to vastly improve education and career opportunities for aboriginals across the province.

"Some of the short-term goals are very realistic," Gary Merasty, the task-force chairman, said at the legislature after the report was released.

"And then we really do encourage, at a high level, the partners to … look at an action plan, basically putting into reality some of those other recommendations."

One of the simpler proposed measures, Merasty said, is an extension of coverage of costs for high-school driver training to reserves that don't currently receive it.

Simon Bird, fourth vice-chief of the Federation of Saskatchewan Indian Nations, stressed that improved driver training is a "win-win" for students and for the economy.

"Our students need to have the same toolbox that we expect from anybody going into the workforce," Bird said, wearing a ceremonial headdress.

Education Minister Russ Marchuk said he's "committing on behalf of the government to a thorough review and analysis" of the proposals in the coming weeks and months, before the province responds in detail.

Bird, however, insisted that the detailed report must not "gather dust on a shelf" and ultimately be forgotten.

"This kind of information, direct from the grassroots people and stakeholders, cannot be ignored," he said.

"We must now choose the next step."

Simon Bird, fourth vice-chief of the Federation of Saskatchewan Indian Nations, said the education report must be followed up with government action. ROSS ROMANIUK/METRO IN REGINA

New lawyer requested

Accused killer's trial delayed another year

A murder trial in Saskatoon has been delayed again after the accused man requested a new lawyer.

The first-degree murder trial of Douglas Hales, 34, was scheduled to begin Monday.

But it was changed to February 2014 to give Regina-based lawyer Bob Hrycan time to review the file.

Hrycan is the seventh lawyer to represent Hales, who is charged in the death of Daleen Bosse.

The 25-year-old University of Saskatchewan student disappeared from Jax Nite Club on May 18, 2004, and her body was discovered north of Saskatoon in 2008.

Hales is also charged with offering an indignity to human remains after he allegedly burned Bosse's body.

No reasons for the change were given in court. This week's trial had been set after a similar delay in August 2012 when Hales also requested a change of a lawyer.

"When I think of the delay, what I'm thinking about is the effect that this is having on the family of Daleen Bosse, and my heart goes out to them," Crown prosecutor Robin Ritter said Monday outside court.

CKOM/THE CANADIAN PRESS

Stobbe explores jail life and policies in new book

Lessons from Remand.
Man cleared of murder in wife's death argues prison system is failing

ALYSSA MCDONALD
Metro in Regina

Mark Stobbe says he never intended on writing books about his experience in jail or his trial for second-degree murder.

For him, the books just happened.

"I didn't have pen and paper in (remand) and I didn't get arrested with the idea of writing a book. It emerged from thinking about the experience afterwards," Stobbe said about his book Lessons from Remand, which was released in March.

Stobbe says that, after his arrest in May 2008 for the 2000 murder of his wife Beverly Rowbotham, he was housed in two remand centres — Saskatoon Correctional Centre and Winnipeg Remand Centre — and was surprised by the level of humanity he found.

Stobbe chose to observe the inmates, and after he was released he wrote down what he saw and heard. Those stories introduce each chapter of his book, which also looks at the process of being arrested, jail policy and how he says the prison system is failing.

The former political consultant for the Manitoba and Saskatchewan governments was acquitted of all charges in March 2012 after a high-profile trial in Winnipeg.

Stobbe, who now lives in Saskatoon, says during the three-month trial, he wrote updates for family and friends to give them insight into the court proceedings. When he decided he might want to write about the trial, he said, "It suddenly occurred to me that I essentially already had."

The updates, along with stories from his rides on the bus to court and trial information, will become part of his next book. Still in production, the book has the working title 43 days, 48 hours — based on the 43 sitting days of the trial and the 48 hours it took the jury to find him innocent.

Mark Stobbe, seen here in March 2012 after being acquitted of second-degree murder, has written a book about his time in remand and the policies behind what he says is Canada's failing prison system. TREVOR HAGAN/THE CANADIAN PRESS

Options for motorcycle insurance on the table

Donna Harpauer, minister responsible for SGI, releases SGI's annual report.
JEFF MACKEY/METRO IN REGINA

An option for motorcycle owners to abstain from death benefits is among the possibilities being eyed by a Saskatchewan review committee as it tries to find an effective insurance system for riders.

That possibility — one of a few potential options for customizing motorcycle coverage — arose on Monday as an annual report from Saskatchewan Government Insurance was tabled by the provincial government at the legislature.

Motorcycles are a costly subsection of Saskatchewan vehicles, drawing heavily from other vehicle insurance pools to pay out claims. A motorcycle review committee was announced in April to review the government's approach to motorcycle insurance.

"One of the largest proportions of that claim is the death benefit," said Donna Harpauer, minister responsible for SGI.

"I don't know if this is what will come out of that committee, but perhaps what (riders) will be able to ask themselves is, 'If I have life insurance, do I need death coverage?'"

While the average injury claim for other kinds of vehicles in Saskatchewan is $29,600, the average motorcycle injury claim is $141,000. Motorcycle riders are also four to five times more likely to file injury claims after accidents.

"Ultimately, we need to bring those claim costs down," Harpauer said, stressing the importance of increasing motorcycle safety measures.

The issue of motorcycle insurance has made headlines in recent months following an SGI proposal for a 73 per cent rate hike on motorcycle riders, prompting a public outcry.

The government later assured it would find alternate ways to make motorcycle insurance more viable, though there have been few details on how the money would be found.

"Income replacement is also a very high proponent of the claim," Harpauer said. "So in this review ... we are going to be looking at all those components, and sort of do a balance of what is affordable and what is good policy."

JEFF MACKEY/METRO IN REGINA

Report

So far, so good for citywide recycling program

Saskatoon's mandatory residential recycling program launched just over three months ago, and according to a report from the city's utility services department, things are running smoothly as the program continues to be rolled out.

According to the report, delivered to the administration and finance committee Monday, recycling is now available to 42,000 households in 40 of the city's communities and about 545 tonnes of recyclable material have been processed thus far.

The report also highlights issues raised during rollout, such as handbooks going missing due to cold temperatures and wind. These have been minor and dealt with in a timely fashion.

Complaints about the program made to Lorass, the company contracted by the city to operate the recycling program, have been as low as five per cent. METRO

Search

Audit finds at least 14 civic buildings with asbestos

A report delivered to Saskatoon's administration and finance committee on Monday says at least 14 city-owned buildings are known to contain asbestos and up to 75 more are considered likely to.

The citywide audit to list all the civic buildings containing the carcinogenic material was launched after Coun. Pat Lorje made the original inquiry at a city council meeting on April 30, 2012.

The audit is expected to be completed at the end of summer or in early fall, and at that point the list of buildings with asbestos-containing materials will be made public and added to the provincial registry. METRO

For more news visit metronews.ca

Tory attack ads 'expose' Trudeau

Justin Trudeau makes his way to question period in Ottawa on Monday. New Conservative attack ads show the newly elected Liberal leader taking his clothes off at a charity event. ADRIAN WYLD/THE CANADIAN PRESS

'In over his head.'
Political experts claim Conservative campaign featuring revealing footage is misleading

Day 1 for new Liberal leader Justin Trudeau featured three questions to the Prime Minister, two controversial Conservative attack videos and a 25-minute encounter with a huge swarm of Parliament Hill reporters.

Though Prime Minister Stephen Harper and many of his cabinet ministers extended congratulations to the new Liberal leader, the Conservative party welcomed him with two mocking attacks on YouTube, accompanied by an anti-Trudeau website and a Facebook page, as well.

Trudeau shrugged off the attacks as predictable, but the Canadian Liver Foundation issued a condemnation, since the Conservatives used footage from a Trudeau appearance at one of the charity's events in 2011.

In that ad, aired Monday morning, the Conservatives took aim at Trudeau's experience, suggesting the 41-year-old was in "over his head." Trudeau is shown removing his shirt at the fundraiser in 2011, where he raised nearly $2,000 for the foundation.

Another video talks up Harper's economic record while poking fun at Trudeau's past jobs as a camp counsellor, rafting instructor and drama teacher, adding, "and now he thinks he can run Canada's economy."

"What I've heard from Canadians across this country," Trudeau told reporters at a post-question-period scrum, "about people being tired of negativity, of bullying, of cynicism, means that the Conservatives are going to discover that the one thing they know how to do really well is no longer working for them."

TORSTAR NEWS SERVICE

Smoke and mirrors?

Jonathan Rose, a political-science professor at Queen's University, flagged quotes about Quebec, which were taken from an interview Trudeau gave to CTV in 1999.

- "Quebecers are better than the rest of Canada, because, you know, we're Quebecers or whatever," a young Trudeau is shown as saying. The narrator describes the comment as a display of poor judgment.
- The full CTV segment suggests Trudeau was actually talking about his father.

JOB FAIR!

►►► NOW HIRING ►►►

Administrative • Accountants
Construction • Carpenters
Drivers • Construction Managers
Equipment Operators • Environmental
Electrical • Engineers • Fabricators
General Labour • Heavy Duty Mechanics
HR • I.T. • Mechanics
Maintenance • Oil & Gas
Operations Managers • Police Service
Project Managers • Sales
Safety • Security
Trades & More!

►►► Bring your resume and meet recruiters from ►►►

Clark Builders · Envirotec Services · Johnston Bros
KWH Pipe (Canada) · WorleyParsonsCord · RCMP
Loraas Disposal Services · Foremost Universal LP
Kramer Ltd. · Tri-Venture Construction
Karnalyte Resources · JV Driver Projects
Canadian Natural Resources LTd.

THE SASKATOON INN
2002 Airport Drive
Tuesday ►►► April 16th 10am to 6pm

Presented By ~ Workwest
www.workwest.ca

Ashley Smith inquest

Choking herself made teen 'feel good': Testimony

In her testimony at an inquest into Ashley Smith's prison death, psychologist Cindy Presse told jurors that Smith became highly addicted to choking herself.

"She was quick to say, 'It's not sexual, Cindy,'" Presse testified. "She said it just made her feel good."

Presse also told jurors that at a meeting in late February 2007, a visiting Coralee Smith, Ashley Smith's adoptive mother, made it clear she would not talk about her adoptive daughter's parentage.

She said that staff at the Regional Psychiatric Centre in Saskatoon believed it vital for Smith to have the family issue in the open, but Smith refused.

"The message is, 'No, I'm not telling you,'" Presse, chief psychologist at RPC, told the inquest.

Ashley Smith believed her sister, who was 19 years older and had a son two years older, was really her mother, and her nephew really her brother, jurors heard.

THE CANADIAN PRESS

Bullying suicide. Nova Scotia to launch review of Rehtaeh Parsons case

The Nova Scotia government will launch an independent review of the RCMP's original investigation into the Rehtaeh Parsons case, Premier Darrell Dexter said Monday following a week of public pressure and international attention on the teen's death.

But Dexter said the review won't proceed until the Mounties conclude their current criminal investigation into the alleged sexual assault of the 17-year-old girl.

"While there is an ongoing investigation, one has to be cognizant of the fact that there are certain legal requirements that have to be observed," said Dexter.

"The important thing is that it will be comprehensive and it will be fully independent."

The RCMP announced Friday that it was reopening its investigation into the alleged sexual assault after receiving new and credible information from a source who was willing to work with them. Prior to that, the RCMP said they concluded in their initial investigation that there was insufficient evidence to lay charges in the case after consulting the province's Public Prosecution Service.

THE CANADIAN PRESS

Rehtaeh Parsons's family says she killed herself after months of bullying that stemmed from an alleged sexual assault in 2011. FACEBOOK/THE CANADIAN PRESS

Emergency workers on site for the marathon tore down temporary fences, scrambling to get to the blast site. DAVID L. RYAN/THE BOSTON GLOBE/THE ASSOCIATED PRESS

Blood and glass cover the street

Boston Marathon bombing. White House treating carnage as an act of terror, says official

Two bombs exploded in the packed streets near the finish line of the Boston Marathon on Monday, killing at least three people and injuring more than 140 in a terrifying scene of shattered glass, bloodstained pavement and severed limbs at the world's most prestigious marathon, authorities said.

An eight-year-old boy was among the dead, according to a person who talked to a friend of the family and spoke on condition of anonymity.

A senior U.S. intelligence official said two other bombs were found near the end of the 42-kilometre course in what appeared to be a well-co-ordinated attack.

There was no word Monday night on the motive or who may have carried out the attack, and police said they had no suspects in custody.

"They just started bringing people in with no limbs," said runner Tim Davey, of Richmond, Va. He said he and his wife, Lisa, tried to keep their children's eyes shielded from the gore inside a medical tent, but "they saw a lot."

"They just kept filling up with more and more casualties," Lisa Davey said.

Of the dozens wounded, hospitals reported at least 15 were critically injured.

The fiery twin blasts took place almost simultaneously and about 100 metres apart. The spectators' cheers turned to screams. Huge shards of glass burst from windows, and blood pooled on the pavement.

A few kilometres away and around the same time, a fire broke out at the John F. Kennedy presidential library. Police said it may have been caused by an incendiary device but didn't appear to be related to the bombings. THE ASSOCIATED PRESS

Spectators and runners flee from the explosions. WBZTV/THE ASSOCIATED PRESS

Trauma

"This is something I've never seen in my 25 years here.... This is what we expect from war."

Dr. Alasdair Conn, chief of emergency services at Massachusetts General Hospital

The wounded

Hospitals in panic mode

Dr. Alasdair Conn said Massachusetts General Hospital was treating 22 patients Monday night. Six of them were in surgery just after 5 p.m. for critical injuries. At least four victims had "traumatic amputations."

Of the six critical victims, five were unidentified, he said.

The hospital enacted its emergency disaster plan, calling in all available staff and cancelling all elective surgeries.

Boston Medical Center had received 20 patients, including two children, most of whom received injuries to their lower legs.

Brigham and Women's Hospital reportedly had 26 patients, including a three-year-old who was transported to Children's Hospital.

JILL GADSBY/METRO WORLD NEWS IN BOSTON

Total runners

23K

Some 23,000 runners, including more than 2,000 Canadians, took part in the 42-kilometre race, one of the world's premier marathons.
THE ASSOCIATED PRESS

Nearing the end

"I was getting ready to finish when I heard a bang. The headphones were on, the euphoria was setting in and then I just got a ghastly feeling that something was wrong."

Peregrine Hood, a runner from the U.K.
METRO WORLD NEWS IN BOSTON

Morbid mischief

52K

A fake Boston Marathon twitter account promised to donate $1 to the victims for every retweet. The account was retweeted 52,173 times but has since been suspended.
METRO WORLD NEWS IN BOSTON

President reacts

Obama swears to deliver justice

U.S. President Barack Obama said the country does not know "who did this or why" but vowed that whoever is responsible "will feel the full weight of justice."

He added: "We will find out who did this and ... hold them accountable."

Obama has been in touch with federal law enforcement and Massachusetts officials in the aftermath of the attack.

The Secret Service reacted cautiously, expanding the security perimeter around the White House. THE ASSOCIATED PRESS

President Obama speaks at the White House. CHARLES DHARAPAK/THE ASSOCIATED PRESS

TACORI
TRUNK SHOW
April 18 – 20
Come see Tacori's entire line of glamorous rings & fashion lifestyle jewelery.
GMG Jewellers
306-665-8463 #1 - 105 21st STREET E
www.gmgjewellers.com
Saskatchewan's Exclusive Tacori Store

U.S. justices wary of gene patenting

Medical research. Company argues DNA they isolated is 'markedly different' from that found in the body

The U.S. Supreme Court seemed worried Monday about the idea of companies patenting genes that can be found inside the human body, as it heard arguments in a case that could profoundly reshape medical research and the fight against diseases like breast and ovarian cancer.

The U.S. Patent and Trademark Office has been awarding patents on human genes for almost 30 years, but opponents of Myriad Genetics Inc.'s patents on two genes linked to increased risk of breast and ovarian cancer say patent protection should not be given to something that can be found inside the human body.

"Finding a new use for a product of nature, if you don't change the product of nature, is not patentable. If I find a new way of taking gold and making earrings out of it, that doesn't entitle me to a patent on gold. If I find a new way of using lead, it doesn't entitle me to a patent on lead," lawyer Christopher Hansen said.

Allowing companies like Myriad to patent human genes will slow down or cripple medical research like in the battle against breast cancer, he said.

But companies have billions of dollars and years of research on the line, with Myriad arguing that without the ability to recoup their investment through profits from patents, breakthrough scientific discoveries needed to combat all kind of medical maladies wouldn't happen.

That concerned several justices. "Why shouldn't we worry that Myriad or companies like it will just say, 'Well, you know, we're not going to do this work anymore?'" Justice Elena Kagan said.

The Supreme Court has already said that abstract ideas, natural phenomena and laws of nature cannot be given a patent, which gives an inventor the right to prevent others from making, using or selling a novel device, process or application.

THE ASSOCIATED PRESS

Recipe for a slippery slope?

"I can't imagine getting a patent simply on the basic items of salt, flour and eggs, simply because I've created a new use or a new product from those ingredients."

Justice Sonia Sotomayor. There was an attempt in court to break the gene-patenting argument down to an everyday level by discussing chocolate chip cookies, baseball bats and Amazonian jungle plants.

Prized piece displayed for Titanic anniversary

Auctioneer Alan Aldridge holds the violin of Wallace Hartley, the instrument Hartley played as the band leader of the Titanic, on the 101st anniversary of the sinking of the ship on Monday in Devizes, England. The auction house, which specializes in Titanic memorabilia and is having an associated sale on Saturday, spent seven years proving the violin was genuine and belonged to Hartley, who with his orchestra famously played on as the ship sank in 1912, and were among the 1,500 who died. Long thought to have been either lost at sea or stolen, it is being described, as far as Titanic memorabilia goes, as one the most important pieces that has ever come up for sale. It's thought to be worth a six-figure sum.

MATT CARDY/GETTY IMAGES

Samsung. Galaxy S4 to hit Canada by April's end

Samsung's next flagship phone, the Galaxy S4, will hit Canada as early as April 27.

Mobile providers are now taking pre-orders for the new five-inch smartphone, Samsung's rival to Apple's iPhone.

Those who pre-order a phone in advance, for about $200 on a three-year contract or $700 without a contract, should get it by the end of the month.

The phone is then expected to go on sale May 3.

Samsung is highlighting a slew of software features as the main differentiators for its latest Galaxy phone, including a bolstered photo app and gestures that allow the device to be controlled without touching the screen.

THE CANADIAN PRESS

Slow, but steady. Home resales up from last month, down from 2012

Canada's housing market continues to show signs of slowing from the torrid pace set in recent years, but also defying the worst fears of an imminent collapse.

The Canadian Real Estate Association reported Monday that existing home sales in the 26 municipal markets it tracks rose a seasonally adjusted 2.4 per cent in March over the previous month, but were down 15.3 per cent from last year.

That's an indication that Finance Minister Jim Flaherty's actions of last summer to tighten mortgage lending, along with home-buying fatigue, are exerting a drag on the market.

But fears that housing was due for a sharp correction remain unrealized as more than half of the local markets saw greater activity, and average home prices — while subject to regional variations — on average rose 2.5 per cent from a year earlier to $378,532.

"The readings today suggest that the Canadian housing market is beginning to thaw out from its regulatory-induced freeze," said TD Bank economist Sonya Gulati.

THE CANADIAN PRESS

Publishing

Simon & Schuster to offer ebooks to N.Y.C. libraries

The publisher of Stephen King, Bob Woodward and other top-selling authors has changed its policy of withholding ebooks from libraries.

Simon & Schuster announced a one-year pilot program Monday with three New York City library systems that cover the city's five boroughs. Simon & Schuster had been the last of the "Big Six" publishers to keep its entire e-catalogue off-limits to libraries. Publishers have worried that free library downloads could lead to lost sales, while libraries have advocated for the largest possible selection.

"We've been having conversations with libraries for a long time, trying to come up with something that we felt would work for us. And I think we finally found the key pieces," Simon & Schuster's president and CEO, Carolyn Reidy, said Monday.

One key piece: allowing patrons to buy copies of a given book, with some of the proceeds going to the library. THE ASSOCIATED PRESS

Arctic foothold

China, Iceland sign free-trade pact

China and Iceland signed a free-trade agreement Monday, offering hope to the small North Atlantic country for its recession-battered economy and giving Beijing a leg up in its drive for expanded influence in the Arctic.

The China-Iceland free-trade pact will lower tariffs on a range of goods and is expected to boost seafood and other exports from the remote Nordic state to the world's second-largest economy. It comes at the start of a five-day visit to China by Icelandic Prime Minister Johanna Sigurdardottir that highlights her country's attempts to diversify an economy that was badly mauled by the bursting of a massive financial bubble in 2008.

Chinese Premier Li Keqiang said the agreement was "a major event in China-Iceland relations."

Iceland has unique importance to China as it attempts to gain a foothold in the Arctic, where melting ice is opening passages for shipping and could create a boom in extraction of resources such as gas, oil, diamonds, gold and iron.

THE ASSOCIATED PRESS

Advocacy group

Internet Society opens in Canada

A Canadian chapter of the Internet Society, which advocates on digital issues on behalf of all web users, is officially open for membership.

Canada is the last G20 nation to have a national branch within its borders. The group said it will involve itself with issues including net neutrality, rural accessibility, service-provider concentration and cross-ownership of content providers by Internet carriers. THE CANADIAN PRESS

Market Minute

DOLLAR 97.52¢ (-1.12¢)

TSX 12,004.88 (-332.71)

OIL $88.71 US (-$2.58)

GOLD $1,361.10 US (-$140.30)

Natural gas: $4.14 US (-9¢)
Dow Jones: 14,599.20 (-265.86)

3RD WHEEL'S UNEXPECTED CHARMS

Some might say that three's a crowd, but there are actually plenty of advantages when it comes to spending time with an established twosome, provided you follow a couple of important ground rules.

First of all, you can't be insecure. You'll want to let go of any feelings of awkwardness or jealousy that will prevent everyone from having a pleasant time. Secondly, you should never agree to a one-on-two date with a brand new couple — there may be nothing more insufferable than being trapped at a dinner table with a pair of smitten kittens who can't keep their paws to themselves.

But if you're selective about who you play "plus one" with and resist the urge to throw a pity party for yourself, you'll realize that tagging along as the proverbial third wheel can actually mean a whole variety of unexpected benefits.

SHE SAYS

Jessica Napier
metronews.ca

You'll be the centre of attention

If you're convinced that a dating duo would only extend an invite to a solo friend out of pity, think again. Even the happiest couples get tired of each other — especially those who live under the same roof — and welcome the opportunity to hang out with someone new. So instead of thinking of yourself as an intrusive third wheel, realize that you're actually an exciting guest star. Spending the evening with a couple who are desperate for new material means you'll have an attentive audience to laugh at your jokes, give you advice on your own relationship problems, and listen vicariously as you relay stories of your crazy single life.

It's a cheap night out

In my experience, couples are usually so appreciative to have someone else join them for a night out that they'll offer to pay your way. Third-wheelers can enjoy complimentary cocktails, free meals, movie tickets and many other benefits of having a significant other for the night without having to deal with any of the annoying aspects of being in a relationship.

You don't have to bother looking good

Even though you're hanging out on date night, you're not actually the one on a date. Relieved of the pressure to impress, you can leave the Spanx at home and enjoy a nice night out with minimal effort.

You might learn something

Whether or not you're in a relationship of your own, there can be many educational moments that arise when you're spending time with another couple in an intimate setting. Think of it as relationship reconnaissance: Observing other people's dating habits from close up can help you glean some insights into what you do (or don't) want in your current or future partner. Alternatively, watching two friends bicker passive-aggressively over appetizers can give you a newfound appreciation for single life.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

In the ink of health

DAVE CHIDLEY/THE CANADIAN PRESS

Cancer tattoo strikes right note

Casandra Graham had a single mastectomy after being diagnosed and treated for breast cancer in 2009. And although she opted for reconstruction, she wasn't keen on having a surgically created nipple.

"I had looked on the Internet at probably thousands of photos of nipple reconstructions, and as good as the job may be, it'll never be exactly the same as your other one because it's just not natural anymore," Graham, 38, said from her home in London, Ont. "And I didn't like how it looked.

"So I said, 'You know what? I'm just not going to do it at all.' And since I happened to know a couple of tattoo artists — my husband owns a shop — I'll just get it tattooed."

Graham put together a design that combined several images she found online, including small hearts, a pink ribbon that symbolizes breast cancer, and some tiny stars.

But the central motif of her pink and black tattoo is a treble clef.

"I can't sing, I can't carry a tune in a bucket ... but I really like music and it was one of the strong things when I was alone that kind of kept my spirits up."

THE CANADIAN PRESS

'I am living'

"Survivor seems too cliché for me. So in pink writing around the side of the tattoo, I had them write 'I am living' because I feel like I'm not just getting by, surviving one day to the next. I'm actually living my life now." Casandra Graham

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Canadians weary of muttering obscenities at a stubborn winter can rejoice now that patio weather is creeping into our afternoons. That also means it's time to brush up on whip-smart conversation, so grab the early advantage by subscribing to these brain-food podcasts on iTunes.

GREG WESTFALL/FLICKR

99% Invisible :

A recent lesson on the word jaywalking perfectly illustrates how well this show — which explores the quiet impact design has on daily life — tends to wrap things up in an easily repeated fun fact.

A History of the World in 100 Objects :

A great idea worthy of its many copycats, each edition of this 100-episode BBC special focuses on one of the countless innovations the modern world is built on, from hand tools to credit cards.

Quirks and Quarks :

It's past time science got around to explaining how national treasure Bob McDonald and his team manage to pack so much science news and information into a single hour.

Twitter

The public reacts to the Boston Marathon explosions.

@corduroygal: My thoughts and prayers are with the victims of the bombing in Boston. My run today is now dedicated to you #prayforboston #bostonmarathon

@DJRedEyezz: Tragic day in Boston, senseless act #PrayForBoston

@rajbmanian: #BostonMarathon victims you are not alone. #Toronto is with you

@robyntrew: So saddened to hear of yet another heartless and senseless act of violence. Thoughts are with you, #Boston. #prayforboston

@SomeGuyDylan: Once again the world is forced to deal with the actions of some small, ignorant, petty little minds. Stay safe #Boston

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: saskatoonletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Saskatoon** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Barry Paton • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO SASKATOON** • #100, 728 Spadina Crescent East Saskatoon, Sask. S7K 4H7 • **Telephone:** 306-649-2025 • **Toll free:** 1-877-895-7193 • **Fax:** 1-888-895-6931 • **Advertising:** adinfosaskatoon@metronews.ca • **Distribution:** saskatoon_distribution@metronews.ca • **News tips:** saskatoon@metronews.ca • **Letters to the Editor:** saskatoonletters@metronews.ca

DVD reviews

Django Unchained

Director. Quentin Tarantino

Stars. Jamie Foxx, Christoph Waltz, Leonardo DiCaprio

Quentin Tarantino's pre-Civil War anti-slavery adventure is his valentine to the spaghetti western genre, specifically the blood-splattered grindhouse movies of his 1960s-to-1970s youth made by Sergio Leone and Sergio Corbucci. Tarantino also tips his Stetson to three bloody Sams — Fuller, Raimi and Peckinpah — who share his filmmaking sensibility that blood should come by the bucketful. And there are shout-outs to a Monty, as in Python, in such scenes of lunacy as when freed slave Django (Jamie Foxx) and his benefactor Dr. Schultz (Christoph Waltz) encounter KKK vigilantes who can't shoot or even see straight. Tarantino is clearly having a grand ol' time, and so are his actors, who include Leonardo DiCaprio as the childlike owner of a vast Mississippi plantation and Samuel L. Jackson as his devoted housekeeper. Each of these players shares the writer/director's filmic vision that both observes and condemns America's bloody history of racism.

Manborg

Director. Steven Kostanski

Stars. Matthew Kennedy, Adam Brooks, Meredith Sweeney

This energizing Canuck homage to 1980s sci-fi horror action movies is set in a post-apocalyptic Earth ruled by a demonic Count Draculon and his Nazi vampire stooges. It's the heart-ripping saga of a not-so-super soldier seeking vengeance. Cyborg machinery is grafted onto his reanimated corpse after he dies on the field of battle. Recalling every sci-fi action flick from RoboCop to Mad Max and all the way back to Flash Gordon, it's a marvel of DIY makeup, costuming and special effects.

PETER HOWELL

A group of collar-popping frat boys don hipster disguises in an attempt to pick up girls in Williamsburg. YOUTUBE SCREENSHOT

Bros take on Brooklyn

A guy's answer to Girls. Video editor takes personal experience with hipster girls and turns it into a YouTube short

CASSANDRA GARRISON
Metro World News in New York

What happens when former frat boys trade their popped collars for jean shorts and flannel? What could possibly go wrong when clean-cut bros hop on the L train and venture to Brooklyn in search of hipster girls? Hilarity ensues, as demonstrated in a newly-launched web series inspired by the HBO hit show Girls and created by a Williamsburg veteran.

Video editor Anthony DiMieri, 25, had written a sitcom about 20-something guys living in NYC back in 2010, but when Girls premiered, the idea for a parody colliding two stereotyped sub-cultures just clicked.

"When I saw Girls, I thought, 'Holy crap — this is really close to what I was doing,'" DiMieri told Metro. "It's taking some humour and boiling things down to more sketch comedy. Humour in a web series is different than humour on TV. You have to make people laugh right off the bat."

Thus, Bros was born.

He did a casting call in December, pulled a lot of favours for the low-budget production, and put it on YouTube earlier this week. Bros follows a main character who gets cut off by his parents (sound familiar?) after his post-college life is filled with picking up chicks and playing Call of Duty. His soul-searching is brought to a halt when one of his fellow bros reveals the secrets of picking up hipster girls.

Observing their friend's outfit — a sparkly T-shirt, a purple winter cap and cut-off shorts — the main character and his bros are at first bewildered that this look could ever attract women.

"You look like you skinned a mermaid," a bro exclaims. "And you took her skin, and fashioned it into a crude shirt."

"You haven't been over there. It's different," the bro-turned-hipster responds of Williamsburg.

"You don't even have lenses in your glasses," another bro rebuts, still in utter shock.

But it is the bro-turned-hipster who gets the last laugh when he returns to the apartment that night with a flannel-wearing hottie.

Art imitates life

"The stuff I was writing about, I sort of based on real-life experience. I definitely lived a similar lifestyle with the Pickleback shots and PBR."

Bros creator Anthony DiMieri

From there, DiMieri's cast embarks on a transformation as they strive to infiltrate Williamsburg and entice female hipsters with mentions of gin distilleries and "obscure" music. Sure, they run into bumps along the way, like being denied a Long Island Iced Tea from the bartender because it is a "stupid drink." Moments like that are reflections of DiMieri's real-life memories from his time in a Williamsburg apartment he shared with three girls.

"The stuff I was writing about, I sort of based on real-life experience," he said. "I definitely lived a similar lifestyle with the Pickleback shots and PBR. There is some truth to the stereotypes, but we really went over the top and made it cartoonish."

DiMieri has gotten a lot of feedback about Bros but, predictably, some criticism, too, about poking fun at Girls.

"My favourite YouTube comment so far is something like, 'You guys are a**holes for ruining such a good thing,'" he said.

"They think I am attacking the show, but I am not trying to do that."

And the people behind the show itself have already taken notice of Bros. The official Twitter account for Girls started following DiMieri.

"That was a big deal because it was like, 'OK, the people at HBO are watching this,'" DiMieri said.

"I think Lena Dunham and I could probably collaborate and write a really hilarious episode, maybe about bringing the girls to a frat party."

DiMieri, who rejects labels but admitted he is likely part-bro, part-hipster, would like to continue making episodes in the web series, but said it is all based on cost and whether he can find a way to fund the production. Most of the people involved in the first episode worked for free, including the cast members. He is considering launching a Kickstarter campaign.

METRO DISH

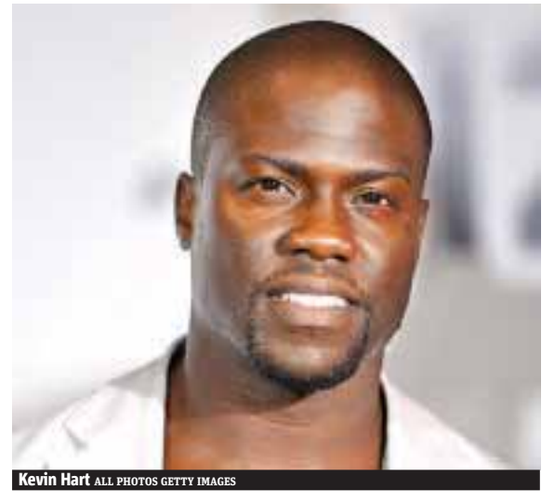
OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Ozzy and Sharon's relationship gone off rails?

THE WORD
Dorothy Robinson
scene@metronews.ca

Everyone's favourite heavy metal couple, Ozzy and Sharon Osbourne, are reportedly well on their way to splitting up, according to Radar Online. And sadly, the long-married pair is said to be living separately already. While Ozzy is said to be living in a rented Beverly Hills mansion, Sharon has been staying at the Beverly Hills Hotel since at least the beginning of this month, sources say. "They are living at different addresses and not spending any time together," a source recently told the Sun. Sharon is believed to be staying at the famous hotel while she decorates a new home — but not the one where Ozzy is staying. The usually outspoken and press-friendly pair has been remarkably quiet about the reports of marital trouble.



Kevin Hart ALL PHOTOS GETTY IMAGES

Comedian calls arrest 'a wake-up call'

Comedian Kevin Hart was arrested for driving under the influence early Sunday morning in Los Angeles, and he wasn't shy about sharing the details after posting bail. "I'm officially a thug. I spent six hours in jail last night," Hart announced on Twitter. "This cop was the worst. He knew who I was and wanted to make an example of me. ... When the cop asked me to take the sobriety test I said, 'Why waste our time? I'm drunk, man.'" Hart did also offer some more serious reflection on the night's events: "This is a wake-up call for me. I have to be smarter and last night I wasn't."

Lindsay Lohan

Rocking out before facing the music

Lindsay Lohan hit up the first weekend of the Coachella music festival, and despite some former pals being worried for her life if she attended, she seemed to come out of the fest just fine. A water bottle-clutching Lohan was spotted with her 16-year-old brother, Cody, in tow, and sources tell E! News that the troubled actress was aiming for "a healthy, fun time at Coachella" before heading to her court-ordered 90-day rehab stay next month. The music festival continues this weekend.

Ellen and Portia content without kiddos

Portia de Rossi tells Out magazine that she and wife Ellen DeGeneres have absolutely no plans to start a family, despite pressure from friends and loved ones. "You have to really want to have kids, and neither of us did. So it's just going to be me and Ellen and no babies," de Rossi tells the magazine. "There comes some pressure in your mid-30s, and you think, 'Am I going to have kids so I don't miss out on something that other people really seem to love? Or is it that I really genuinely want to do this with my whole heart?' I didn't feel that my response was 'yes' to the latter."

Ellen DeGeneres and Portia de Rossi

Twitter

@ElizabethBanks
Huh, Brad Pitt would make an amazing radio man. Ah, but a waste of that face.

@AlbertBrooks
Justin Bieber said he hoped Anne Frank would have been a fan. I really want to kill myself.

@mindykaling
If Kobe retires he should make movies with cartoon characters like Rocky & Bullwinkle

YOU COULD
WIN
A RUN OF ENGAGEMENT PASS FOR TWO TO SEE
The Big Wedding
IN THEATRES APRIL 26TH
VISIT THEBIGWEDDING.CA FOR YOUR CHANCE TO WIN MORE EXCITING PRIZES!
VISIT clubmetro.com TO ENTER
Don't forget to like us on Facebook! facebook.com/clubmetrolondon
No purchase necessary. Contest open to residents of Canada, excluding the province of Quebec, who have reached the age of eighteen (18) years of age or older. Odds of winning depend on the number of eligible entries received. Ten (10) Grand Prizes are available to be won, consisting of one pass for two to a run of engagement screening of The Big Wedding valid at participating Cineplex Odeon Theatres Monday to Thursday not including holidays (valued at approximately $26) Contest closes April 21st 2013 at 12:59PM EST. To enter and for complete contest rules visit www.clubmetro.com
e one

The Iron Man 3 workout

Fitness. Robert Downey Jr.'s trainer, Brad Bose, tells us how to get superhero strong

ROMINA McGUINNESS
Metro World News

"Superheroes have good bodies, even if they have PhDs," says Brad Bose, who would know.

He's Robert Downey Jr.'s personal trainer, and got him fit for Iron Man 3.

"It was important that Robert was extremely fit and had a good muscular build. Only it had to look realistic. He's meant to be a billionaire playboy; you don't want him to get too big and end up looking like Captain America or The Hulk."

Fortunately, Downey Jr. was almost ready to go for his third stint as Mr. Stark.

"He'd recently finished filming The Avengers so he was in good shape. But holding on to that muscle mass and definition for long periods of time isn't easy," adds Bose.

"He had to get re-buff. We were doing two-hour sessions, three to four days a week. By the time we were done, he'd gained five pounds of muscle and trimmed off 10 pounds of fat."

FPT vs. Body Building

"Robert's cardio was never an issue," Bose tells Metro. "A lot of people don't want to talk about it but the truth is, he's 48. He's above the curve when it comes to being a fit individual but this is a young man's training he's doing."

His workout gloves are cooler than yours. MARVEL

In order to gain muscle bulk, Downey Jr. spent the first month doing traditional weight training.

Once he and Bose were satisfied with his mass, they moved on to Functional Performance Training, a technique that engages all muscle groups simultaneously.

"FPT isn't just for esthetics," says Bose.

"All the exercises are designed to get you muscular through strength. As opposed to body building, where you're working one muscle group in isolation, FPT gets as many muscles and as many planes of movement engaged at any one time," he explains about the training regiment .

The logic behind the moves is it offers a better approach.

"The body functions as a unit. Every time you're doing an upper body movement, your legs should never be completely dormant. The 'core' (from the lower part of your rib cage to the lower part of your hip girdle) should always be engaged. The aim of FPT is to do things more dynamically. So we'll push sleds, we use battling ropes, sledgehammers, tyres and so on."

Superhero diet

How Iron Man gets his iron, man

Hard to believe, given his love of shawarma, but Iron Man lives closer to a vegetarian lifestyle than full-on carnivore.

"We try to balance the protein and the carbohydrates and stick to fish, chicken, eggs and soy," explains Bose. "And when it's time to cut weight, we just minimize the portions. Robert tends to eat every three hours and have two protein shakes a day. The only reason he even drinks them is to make sure that during these intense workout periods, he's not losing any muscle mass. So as far as nutrition goes, we're more focused on a Paleo style diet, which is basically fish, organic meat, nuts, roots, fruit, eggs and vegetables."

And on his days off ... Tracy Anderson and Kung Fu

"Robert is constantly doing something," says Bose of his client.

"But in order to spend time with his wife, he does a lot of Tracy Anderson cardio classes. And he's a brown belt in Kung Fu, so on the opposite days that he's not working with me, he's sparring with his coach, Eric Orum."

THE IRON MAN WORKOUT

Sometimes when you do strength training it can feel like you're pushing against an inanimate object and you never seem to get better. In this workout, the moves are distracting in a good way — it makes time go by faster.

Dips

Keeping you body upright on a dip bar, lower your body down until your elbows are at a 90 degree angle, then press back up until your arms are almost fully extended (straight). 3 sets 8 to 12

Sandbag throws

Using the handles that are closest to the middle of an Alpha Strong bag, squat down and grab the handles. Press up with the legs moving from a squat position to where the bag is hanging at your waist. Do 8 to 12 times and 3 to 4 sets.

Bandbell bench press

Using a bandbell bar you are doing a bench press. The key to this exercise is having a bandbell bar, rubber bands about 12 inches long and kettlebells. Do 8 to 12 reps and 3 sets.

Skinny panini: Clubhouse starring chicken and prosciutto

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

1. Spray non-stick skillet with cooking oil and place over medium heat. Sauté prosciutto 5 minutes or just until dry and beginning to crisp. Remove from pan, cool slightly and crumble. Wipe skillet; respray.

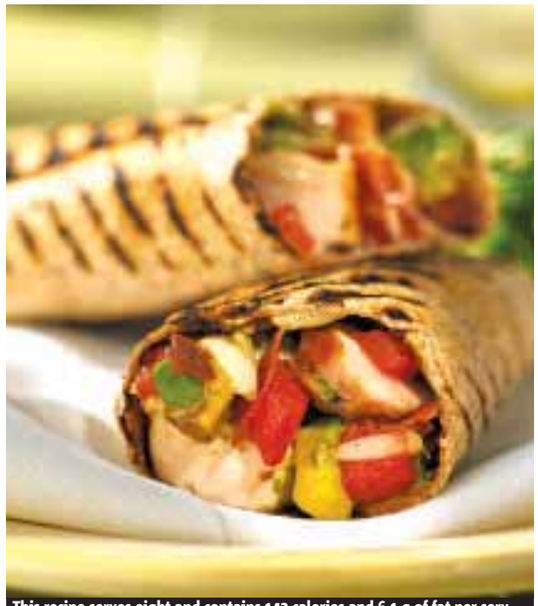
2. Working with one at a time, pound chicken breasts between two sheets of waxed paper to an even 1/4-inch thickness. Sauté for 5 minutes, or just until cooked and no longer pink in the centre, turning halfway. Cool for 5 minutes, then dice.

3. Combine the mayonnaise, lemon juice, mustard, garlic and pepper in a small bowl and mix thoroughly. Spread evenly over the entire surface of the tortillas. Scatter the chicken, prosciutto, cheese, tomato, onion and avocado overtop. Fold in the sides of each tortilla and roll it up tightly.

4. Preheat a non-stick grill pan to hot and spray with cooking oil. Sear the rolls on both sides until browned, approximately 2 minutes per side. Slice in half before serving. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

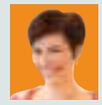
- 2 oz prosciutto
- 8 oz skinless boneless chicken breast
- 2 tbsp light mayonnaise
- 2 tsp lemon juice
- 1 tsp Dijon mustard
- 1/2 tsp crushed fresh garlic
- pinch ground black pepper
- 4 large tortillas (preferably whole wheat)
- 2/3 cup Swiss cheese
- 1/3 cup diced, seeded plum tomatoes
- 1/3 cup diced sweet onion
- 1/2 diced ripe avocado



This recipe serves eight and contains 143 calories and 6.1 g of fat per serving. LORELLA VANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

Of underrated watercress



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Do you think of the Queen or Downton Abbey when you think of watercress?

Of course, it is ubiquitous in tea sandwiches but did you know that it is an incredibly healthy salad green?

Watercress is a cancer and age fighting superfood as reported in a study in Medical News Today. It is suspected that the high anti-oxidant capacity of this easy-to-grow spring sprout protects DNA and cell damage. The study's participants ate one cup per day of both the stems and leaves. Watercress is in the category of cruciferous vegetables like cabbage, mustards and kale and offers all the same benefits of these more widely used varieties. Watercress can be added to just about anything:

- salads
- omelets
- fruit smoothies
- grilled cheese
- sautéed
- served with grilled fish, pork or chicken
- as a pesto
- as a soup

Watercress does indeed grow in very damp soil and near running water. If you know what to look for, it can be a free and wild addition to your day.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Dinner. Herb-Brined Walnut-Crusted Chicken

1. In saucepan over high heat, combine salt, pepper and water. Bring to boil, stirring to dissolve salt. Remove from heat and add the ice. Stir in apple juice.

2. Bruise thyme, rosemary and savory by placing on cutting board and hitting with back side of a meat mallet. In zip-close plastic bag, combine liquid mix with bruised herbs and garlic. Add chicken thighs to bag and squish around to cover in the brine. Refrigerate for 3 hours.

3. When ready to cook, heat oven to 450 F. Remove chicken from brine and discard brine. Use paper towels to pat chicken thighs dry, then arrange on rimmed baking sheet.

4. In bowl, combine walnuts and breadcrumbs. In another bowl, combine mayonnaise, coriander and orange zest. Brush mayonnaise mix over surface of each chicken thigh. Pat some walnut mix evenly over the top of each thigh.

5. Bake 20 minutes, or until golden brown and 170 F at centre. **THE ASSOCIATED PRESS**

Ingredients

- 1/4 cup kosher salt
- 1 tsp cracked black pepper
- 1 cup water
- 1 cup ice
- 2 cups apple juice
- 4 sprigs each fresh thyme, rosemary, savory
- 3 cloves garlic, chopped
- 2 lbs bone-in chicken thighs, skin removed
- 1/2 cup each chopped walnuts, panko breadcrumbs
- 1/4 cup mayonnaise
- 1/2 tsp ground coriander
- Zest of half an orange

Nashville Fried Hot Chicken is the city's signature dish

1. In bowl, whisk cold water, hot sauce, 1/2 cup salt and 1/2 cup sugar until salt and sugar dissolve. Add chicken and refrigerate, covered, for up to 1 hour.

2. When ready to cook, in small saucepan over medium, heat 3 tablespoons of oil until shimmering. Add cayenne, 1/2 teaspoon salt, paprika, remaining 1/2 teaspoon sugar and the garlic powder. Cook until fragrant, about 30 seconds. Transfer to small bowl and set aside.

3. Remove the chicken from refrigerator and pour off brine.

4. In a large bowl, combine the flour, 1/2 teaspoon salt and 1/2 teaspoon pepper. Two at a time, dredge the chicken pieces through the flour mixture. Shake excess flour from the chicken, then transfer it to wire rack. Do not discard the seasoned flour.

5. Adjust an oven rack to the middle position and heat the oven to 200 F. Set a clean wire rack over a rimmed baking sheet.

6. In a large Dutch oven over medium-high, heat the remaining oil to 350 degrees.

7. Return the chicken pieces to the flour mixture and turn to coat, then shake off the excess. Add half of the chicken to the oil and fry, adjusting the burner as necessary to maintain oil temperature between 300 F and 325 F, until the skin is a deep golden brown and the white meat registers 160 F and the dark meat registers 175 F, about 25 to 30 minutes.

8. Drain fried chicken on the prepared wire rack and place in oven to keep warm. Return the oil to 350 F and repeat with the remaining chicken.

9. When all of the chicken is cooked, stir the spicy oil mixture to recombine, then brush it over both sides of the chicken. Serve on bread, if using, and top with pickles, if using.

THE ASSOCIATED PRESS/ ADAPTED FROM COOK'S ILLUSTRATED MAGAZINE

Ingredients

- 2 quarts cold water
- 1/2 cup hot sauce
- Salt
- 1/2 cup plus 1/2 tsp sugar
- 3 1/2- to 4-lbs whole chicken, quartered
- 3 quarts vegetable oil
- 1 tbsp cayenne pepper
- 1/2 tsp paprika
- 1/4 tsp garlic powder
- 2 cups all-purpose flour
- Ground black pepper
- Hearty white sandwich bread (optional)
- Pickle chips (optional)

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Join the
REVOLUTION
and enter to win
$2,500
towards your education

See REVOLUTION in theatres today!
Group Sales tickets are now available at Empire and Cineplex theatres across Canada!

Submit a written or video essay on what you would do to start the REVOLUTION to save the environment in your community. Ten winners will be chosen from an exclusive committee consisting of Rob Stewart, Les Stroud, Andrew Weaver, Dr. Boris Worm and Ron Suter.

VISIT clubmetro.com TO ENTER

No purchase necessary. Contest open to residents of Canada, excluding the province of Quebec, who have reached the age of thirteen (13) years of age or older. Odds of winning depend on the calibre of eligible entries received. Ten (10) Grand Prizes are available to be won, consisting of one $2,500 cash prize to be used towards payment of post secondary schooling valued at $2500CDN). Contest closes May 17th 2013 at 12:59PM EST. To enter and for complete contest rules visit www.clubmetro.com

Stay-at-home mom finds her sanity in suburbia

A momoir. Columnist shares how she found her groove in new book, Lost in Suburbia: A momoir: How I Got Pregnant, Lost Myself, and Got My Cool Back in the New Jersey Suburbs

When syndicated parenting columnist Tracy Beckerman gave up her high-powered Manhattan TV career to focus on motherhood, she, her husband and their two young kids left their quintessential New York lifestyle behind for a different one in the Jersey suburbs.

Her new life as a full-time mom, however, left Beckerman in a funk.

Lost in Suburbia: A Momoir: How I Got Pregnant, Lost Myself, and Got My Cool Back in the New Jersey Suburbs tells the story of how the author found her groove in Jersey and learned how important a sense of humour is in raising a family.

How did you decide to swap your city life for a suburban one, and what was the transition like?

After I had my son and went back to my job as a writer and producer for the local news, I never expected that I was going to not really care about it anymore. I felt like I was missing out by not being with my son. So we made the decision that I was going to quit my job. Then we realized that we couldn't afford to stay in the city! So we moved to New Jersey. I didn't know anybody, I didn't have my job to define me anymore and I just sort of lost it. It made it tough to be comfortable in my new role.

How did things begin to change?

My low point is when I got stopped by a cop driving in my dumpy bathrobe. I thought, I've got to turn my life around! When my kids went to school, I thought about what I could do that is just for me. One day my son came home from school and told me something funny that happened, and I wrote it down. (The story) came flooding out of me, and the local paper ran it. Soon after, two more papers expressed interest. I realized this was going to be my second act. Finding the humour in parenting made me so much happier.

Tracy Beckerman moved from New York to suburbia. And it wasn't easy. HANDOUT

What should women in this situation keep in mind?

If you defined yourself by your career, it can be very hard when all of a sudden your job title is Stay-At- Home Mom. You need something for yourself that's not just about your kids — something just for you that you feel good about. I think you end up feeling happier, and it makes you a better parent.

METRO

From men hungry to monogamy

DOROTHY ROBINSON
Metro World News in New York City

Ophira Eisenberg is a stand-up comedian, writer and host of NPR's new weekly trivia show, Ask Me Another. But she is also quite the expert in sleeping around.

Or she was — until she met "the one." Being on the prowl? Just practice for monogamy.

"I think it's my large sample size and many experiences that led me to the right guy," she says in her new memoir, Screw Everyone.

What does NPR think about an employee writing a book about sleeping around?

I'm certain almost every- one at NPR has had sex, so they are OK with it. Almost everyone.

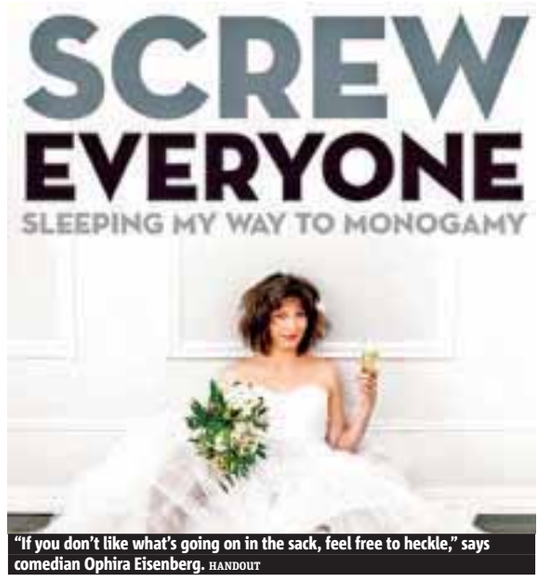
Your story has a happy ending — a nice marriage — but do you have any regrets from your stay in Trollopville?

Nope. In hindsight I'm glad I let myself go for it. ... I think everyone looks back and wishes they could have treated themselves or a situation a bit better. I couldn't always laugh at myself then.

Thank God I can laugh at myself now.

Why are so many comedians terrible in the sack? Not that we're asking from experience or anything.

Of course — it's a friend of a friend who wants to know, right? I'm a comedian and from what I've heard, I'm pretty decent — at least from the comment cards I've received.



"If you don't like what's going on in the sack, feel free to heckle," says comedian Ophira Eisenberg. HANDOUT

But if I had to take a guess, it's because they're going for the laugh.

My advice is that if you don't like what's going on in the sack, feel free to heckle.

Jump on the fin lit bandwagon

YOUR MONEY
Alison Griffiths
money@metronews.ca

The way we handle money also affects the people around us. ISTOCK IMAGES

"I am 44, a single parent with two kids and a total idiot about money," writes Lori P. from Winnipeg. "There's so much talk about financial literacy these days. How am I supposed to get smart?"

Good point. I feel your frustration. The fin lit bandwagon has produced so much content it can be a huge challenge to find what you need to know.

I'm not being pejorative; financial literacy is a very good bandwagon. After all, money accompanies us from cradle to grave. Spouses, kids, jobs, friends may all come and go, but money remains. The way we handle it affects not only our own life but also that of people around us.

Financial literacy is particularly important for women because we are still the primary caregivers of children and the elderly. We also bear a larger portion of the responsibility for educating our kids about money. Additionally, we ladies are by far the majority of single parents and we live longer.

So, women have to get smart about money.

The international Financial Literacy & Education Summit 2013 in Chicago is tackling this very important topic on April 17th. I'm honoured to be the moderator of a panel of journalists from around the world. You can register to view online at practicalmoneyskills.com/summit2013.

Back to Lori P. She should focus on her own specific needs first. For example, if she is in a job with a workplace pension and contributing to it, she might put retirement investing on the shelf for now. Instead, she could concentrate on areas where she is weak such as insurance, budgeting or taxes.

The idea is to pick one thing and work on that until you have a comfort level with the topic. Don't try to become financially savvy in everything. It is simply too overwhelming.

And by the way Lori, I doubt you've raised two kids and are really a "total idiot" about money. I suspect you know more than you think.

Boost your own money smarts by winning my latest book, Count on Yourself: Take Charge of Your Money. Just tweet or email a question about financial literacy and include the hashtag #FinLitSummit. Or email questions to griffiths.alison@gmail.com. I'll be giving out five books after the summit.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Owning a home an investment of a lifetime

Owning your own home is an exciting proposition and an achievable goal for most Canadians. The number one reason many become homeowners is pride of homeownership and the stability and security that comes with it.

Buying a home can also be a solid investment and provide tax benefits.

In Canada, you are not taxed on any investment gains made on the sale of your primary residence. So, for example, if you buy your home for $200,000 and sell it five years later for $250,000, you do not have to pay income tax on the $50,000 you earned from the sale.

Another advantage is each time you make a mortgage payment, you are putting a portion toward the principal balance of your mortgage, which builds equity in your home. This is a better use of your money than giving rent to a landlord and is a good long-term investment.

Owning a home also means that you can make your own decisions on decorating, home improvements, location, etc. In a recent survey conducted by Genworth Canada, 91 per cent of first-time homebuyers said that homeownership may mean more work but the effort is well worth it.

When it makes financial sense, buying a home is often a wise, secure and emotionally satisfying move to make.

NEWS CANADA

Paying a mortgage is a better use of your money than giving rent to a landlord. NEWS CANADA

On the web

Does your money savvy end with counting the change in your piggy bank? Financial expert Gail Vaz-Oxlade launches her new series, Money Moron, on Slice this Friday at 9 p.m. ET/6 pm. PT. On the show, Vaz-Oxlade attempts to rescue strained relationships from the pitfalls of financial woes. With one person in the relationship calling out the other for their unhealthy financial habits, the finance guru is brought in to offer the reckless spender a chance to turn things around.

- **For a sneak peak at Money Moron, visit metronews.ca**

Crosby dips his feet back onto frozen water

Penguins Sidney Crosby, left, and James Neal take a break from a skate on Monday at Consol Energy Center in Pittsburgh. Coach Dan Bylsma said there is no timetable for Crosby's return from a jaw injury, but called it a positive step. "I would say a foot in the water," Bylsma said. "I didn't go out there and see how hard he did go, but I know he was just out for basically a skate. He got out there for a little bit of exercise and to get on the ice." CHAZ PALLA/THE ASSOCIATED PRESS

Leafs turn to laughs to ward off Devils

NHL. Coach Carlyle cracks wise to loosen up Toronto bench

With his team struggling to generate any sort of offence through two periods Monday, Toronto Maple Leafs coach Randy Carlyle decided to lighten the mood in the second intermission.

It clearly worked.

James Reimer made 31 saves and Phil Kessel broke a scoreless tie in the third period as the Toronto Maple Leafs shut out the New Jersey Devils 2-0.

Toronto had just five shots through two periods but instead of reading his players the riot act, Carlyle decided to crack some joke.

"We knew we hadn't played very well for 40 minutes and we just tried to generate some energy," Carlyle said. "We tried to get a little bit of fun going in the room in between periods to relieve some of the pressure."

And after Reimer made two huge saves on Adam Henrique and Patrick Elias midway through the third, Kessel finally opened the scoring with a shot that beat New Jersey goalie Martin Brodeur shortside at 13:28.

"He came in with a speech to lighten the mood a little bit and called a couple guys out individually in a joking manner," Leafs defenceman Cody Franson said of Carlyle's standup routine. "It's a credit to the coaching staff to recognize the mood in the dressing room and what the boys need."

THE CANADIAN PRESS

James Reimer salutes fans after Monday's shutout in Toronto. TORSTAR NEWS SERVICE

Boston Marathon bombings

Fan experience sure to change after explosions

CATHAL KELLY
Special to Metro

In one mad instant, someone has fundamentally changed the nature of sports fandom in North America.

There are greater immediate concerns — for those injured or killed on Monday afternoon at the finish line of the Boston Marathon.

But in the days to come the focus will turn to security and our naked vulnerability when we go to a game.

It doesn't matter who did this, whether it was enemies foreign or domestic.

From now on, the danger we've only approached tentatively since Sept. 11, 2001 — the understanding that North Americans make the most inviting targets when they are gathered in crowds at sporting events — is fully upon us.

This was about symbolism. They targeted one of the few American sporting events that receive worldwide coverage. It happened on Patriots' Day in a city that has a good claim as the birthplace of the nation. The blasts happened about four hours after the start — which is traditionally when the most competitors are crossing the line.

This will be a different sort of tipping point than 9/11. That was a warning — "They're out to get us." This is a reminder — "They still can."

GO TO METRONEWS.CA/VOICES FOR MORE FROM CATHAL KELLY ON MONDAY'S ATTACKS IN BOSTON.

Sox celebrations turn sombre after blasts

Red Sox Jonny Gomes, left, and Jacoby Ellsbury look on during the national anthem prior to their game against the Tampa Bay Rays at Fenway Park on Monday. All uniformed team members wore jersey number 42 in honour of Jackie Robinson Day. ALEX TRAUTWIG/GETTY IMAGES

The Red Sox and Rays were making their way out of Fenway Park when two explosions near the finish line of the Boston Marathon were heard at the stadium.

The Red Sox beat the Rays 3-2 on an RBI double by Mike Napoli in the ninth inning on Monday in Boston's traditional Patriots' Day morning game.

The game began at 11:05 a.m. and ended at about 10 minutes after 2 p.m. A little less than an hour after that, about a mile away, the explosions from Copley Square could be heard by those in and around Fenway — but not in the clubhouses where the teams were getting ready to leave.

On Monday

Red Sox	Rays
3	2

The players seemed unaware of the explosions as they were interviewed by reporters. In the Red Sox room, they dressed in suits and ties for their trip to Cleveland, where they're scheduled to start a three-game series against the Indians on Tuesday night.

A team spokesman sent a text message saying the team had reached the airport.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
What looks confusing today will look simple tomorrow, so don't get frustrated that you don't seem to be making much progress. Everything is moving along at exactly the speed it needs to move, so relax.

♉ Taurus
April 21 - May 21
It would appear that you are torn between two extremes and unable to decide in which direction to move next. Why not just wait it out?

♊ Gemini
May 22 - June 21
There is a pattern to the events now taking place and if you keep your eyes and ears open today, you should be able to work out what it is. Once you've done that, you'll have a huge advantage over rivals.

♋ Cancer
June 22 - July 23
You may be hugely interested in what a friend is suggesting you do together but pretend you are not that into it. Let them persuade you it's a good idea. Play hard to get.

♌ Leo
July 24 - Aug. 23
You may not want to hurt someone's feelings by revealing damaging information, but you have no choice. If you don't clue them in, they will find out and blame you for keeping it from them.

♍ Virgo
Aug. 24 - Sept. 23
Some people enjoy being victims and one such person will pull out all the stops to make you feel bad for them. Be a Good Samaritan but give your help only where it is genuinely needed.

♎ Libra
Sept. 24 - Oct. 23
You may not want to admit that you made a mistake but it's for the best. Only when you have owned up to some sort of transgression will you get the chance to move on.

♏ Scorpio
Oct. 24 - Nov. 22
Ignore any differences of opinion you may have with a work colleague. It's quite easy to avoid issues that could start an argument. There are plenty of things you agree about.

♐ Sagittarius
Nov. 23 - Dec. 21
You may have opinions about something but are advised not to shout them, at least not in the hearing of people who might take offence. Self-preservation is more important than having your say.

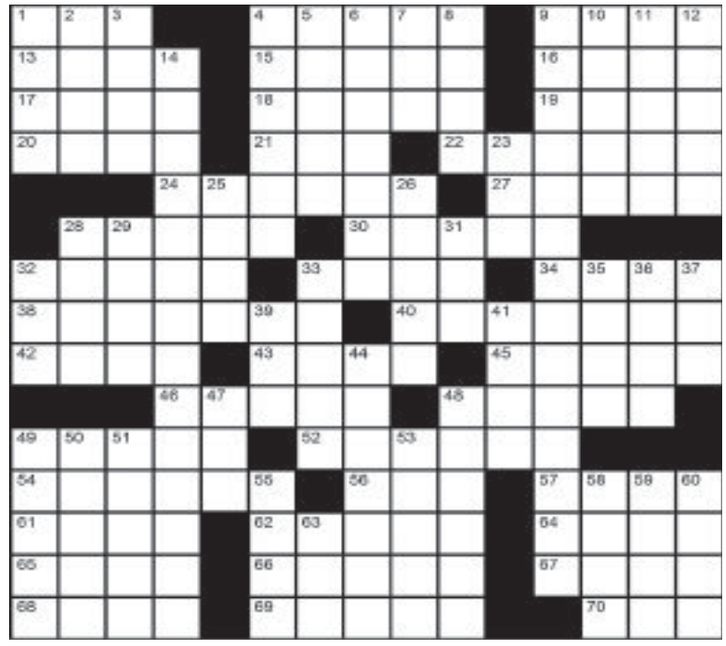
♑ Capricorn
Dec. 22 - Jan. 20
It seems you have made a stand on a point of principle and now there can be no backing out. This is one of those situations when you must go all the way. Others will rally to your cause too.

♒ Aquarius
Jan. 21 - Feb. 19
This is going to be a busy day for you, so don't waste time and energy on issues, or on people, that don't move you closer to your long-term goal. Work smarter, not harder.

♓ Pisces
Feb. 20 - March 20
Try not to make it too obvious what you are up to today. If you act a little bit reserved, others will see you in a more serious light. Whether or not that's justified is another matter. SALLY BROMPTON

Crossword: Canada Across and Down

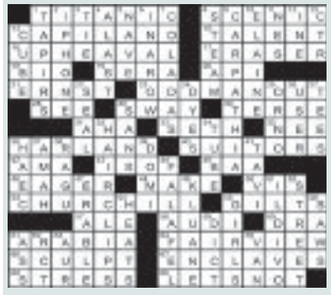
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Mil. installation, as Petawawa or Trenton
4. TV classic, "Green __"
9. Grand event
13. 'Fed' finishers (Stylish hats)
15. Norse goddess of love
16. "_ __ can you..." (American anthem opener)
17. Advanced math course, for short
18. Acting jobs
19. Puerto __
20. __ and terminer
21. __-inspiring
22. Like many treasures
24. Sportswear company
27. Gives food to
28. X-__
30. Use profanities
32. Around, in dates
33. British funny character, Mr. __
34. Canadian country singer Mr. Brownlee
38. Married-to-each-other Canadian actor/comedians, Colin __ and...
40. ...Cont. from #38-Across, Debra __
42. "Let's leave __ __ that."
43. Movie snippet
45. Moves, molasses-style
46. Polls/surveys conductor, __ Reid
48. Models
49. "Melrose __"
52. Harbour structures
54. Give heed
56. River: Spanish
57. Auto race, __ 500
61. Singer/songwriter, India.__
62. Borders on
64. Filmmaker Ms. Ephron
65. __-covered, as unprotected iron
66. 'D' in SYTYCD
67. Chew
68. Use a ruler, for short
69. Ancient looped-crosses of Egypt
70. Carpentry tool

Down
1. Fashion icon Ms. Chanel
2. Skirmish
3. Hay bundle
4. Scared
5. Bunch of people
6. Let go
7. Third __ Blind (Rock band)
8. Belt alternative
9. Spanning the Detroit River, the Ambassador in Windsor is not just a bridge, it's also a what?: 2 wds.
10. Actor's line spoken to the audience
11. Like many running shoes
12. City in France [var. sp.]
14. Some lottery purchases: 2 wds.
23. "___ Tree Falls" by Bruce Cockburn
25. Letter's beginning word...
26. Wetland
28. Unruly disturbance
29. Medieval chest
31. Britannica, e.g.
32. Gladiator's 901
33. Under
35. Smog
36. 'Deterior' suffix (Becomes worse)
37. English novelist Mr. Lawrence, et al.
39. 'Electron' suffix
41. Blunder
44. "Honey, _ __ the Kids" (1989)
47. Baseball great, "__ Wee" Reese
48. Non-poetic writings
49. Shoppers Drug Mart, e.g.
50. John Candy "SCTV" character, Johnny __
51. "Big Brother Canada" host Ms. Cox
53. G's spelled-out follower
55. Zippo
58. Songstress Ms. Hendryx
59. Pencil a scene
60. Two-masted boat
63. Prohibit

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	3	1	9	7	8	4	6	5
8	7	4	3	5	6	9	1	2
6	9	5	4	1	2	7	3	8
9	4	8	1	6	3	2	5	7
7	6	3	5	2	4	1	8	9
5	1	2	7	8	9	3	4	6
3	2	9	8	4	5	6	7	1
1	8	6	2	3	7	5	9	4
4	5	7	6	9	1	8	2	3

How do I become a Dentist ?

Explore what you want to be and how to get there.

Visit CareerBear.com to learn more

THERE'S A REAL ADVANTAGE TO
CHOOSING ROGERS.

CHANGE YOUR PLAN FOR FREE
Adjust your smartphone plan at any time, as often as you need, for free.[1]

UPGRADE ANYTIME
Get the latest smartphone, anytime, when you pay off your remaining balance.[2]

ROGERS TECHXPERT™
Get access to your own personal support expert whenever you need technical help. Available 24/7 online or by phone.[3]

DEVICE PROTECTION
Solutions if your device malfunctions or is lost, stolen or damaged. Available with Anti-Theft and Anti-Virus.[4]

GET IT ON CANADA'S FASTEST WIRELESS INTERNET – ROGERS LTE* beyond 4G

CALL 1 888 ROGERS1 | CLICK rogers.com/freedomadvantage | VISIT your local Rogers retail store

ROGERS™

Offer available for a limited time and subject to change without notice. *Based on tests comparing download speeds on the Rogers LTE network vs. Bell and Telus' LTE networks within Rogers LTE coverage area. LTE device, LTE SIM and plan required. Actual experienced speeds may vary based on device, topography and environmental conditions, network congestion and other factors. Rogers LTE network available in select Canadian cities. Visit rogers.com/LTE for coverage. **1** If customer purchased a discounted device based on satisfying plan eligibility criteria, customer must switch to a plan that maintains such eligibility to switch at no charge. **2** FLEXtab customers must pay remaining FLEXtab balance corresponding to the sum of the Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. For non-FLEXtab customers, please call or visit your Rogers store for your applicable remaining balance. A $35 Hardware Upgrade Administration Fee will also apply. **3** Monthly $7.99 fee applies (unless included in selected DP plan). Services only provided for the wireless device attributable to telephone number for which it was subscribed. Some exclusions apply (e.g. hardware/software training; product repair/replacement etc.); visit rogers.com/terms for details. **4** Lost/stolen coverage not available in NL, SK & PQ. Anti-theft/anti-virus tools on select devices only. Monthly service fee applies (varies based on device/plan selected). Service replacement fee (varies based on device) applies for claims. Other conditions apply. Visit rogers.com/protection or see brochure in store for details. Visit rogers.com/phonefinder for phone finder details. © 2013 Rogers Communications.